



How can regular journaling benefit you?

A growing body of research indicates journaling is good for you – and there must be something in that because people have been keeping journals for centuries.

If you're journaling, you're in good company. Samuel Pepys (1633-1703) kept one, Mary Chestnut, the wife of a Confederate officer, wrote astonishing entries about the American Civil War and of course the diaries of Anne Frank are some of the most widely translated and published in the world.

Why did these people write journals – and more importantly, why should you?

- Left brain vs right brain: we usually solve problems in an analytical way, using our left brain to weigh up the situation and find a solution. Sometimes using the right brain – our creative source – can provide the answer we're looking for because we're engaging our creativity and intuition. 'Writing it out' is a great way to solve a problem.
- During emotional or difficult times, we can feel all stirred up inside, our thoughts are jumbled, disconnected, all over the place. Taking time to write them down, tell our journal how we are feeling, can help calm, focus, and centre us.
- Get to know yourself – what makes you tick? What makes you happy? What are your goals and ambitions? Writing about how we feel, how we behave, and what we want in life can provide insights into our daily lives. Through our journaling we can identify patterns of behaviour that may be preventing us from realizing our potential.
- All of us want to find ways to reduce stress. Regular journaling can do this. Writing about anger, sadness, frustration and pain can help lower the intensity of those feelings, release some of the tension, and make us feel better. Writing about stressful events helps us to come to terms with them, thus reducing the impact of these stressors on our physical health.